

2020-2021  
Annual Report

Inspiring Children & Families to Move Forward



## Hope and Help During the Pandemic

Covid-19 wreaked chaos on all our lives. As the pandemic raged, HopeSpoke realized a special opportunity to help families beyond mental health services. Thanks to a federal CARES Response and Recovery Act grant, HopeSpoke provided direct emergency assistance to hundreds of struggling families. CARES funding allowed HopeSpoke to provide grocery and gas vouchers and pay rent and utility bills when families were in crisis. HopeSpoke staff, board and volunteers also prepared a variety of kits for families to use at home during the pandemic ~ from safety kits with thermometers, hand sanitizers and masks to crafts and games to encourage creativity, communication and family fun.

Physical health and safety are critical to good mental health. CARES funding helped HopeSpoke clients achieve both in a tumultuous year.



Dear Friends,

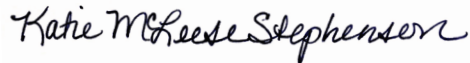
Wow, what a year! Through your kindness, we were able to continue providing essential services to nearly 1,500 children and families even in a pandemic.

As COVID-19 continued, folks across the lifespan needed mental health care more than ever. We're proud of how HopeSpoke's team adapted quickly and kept safety at the forefront. Through telehealth and federal CARES grant funding, we provided critical mental health services and access to basic needs.

And though much was accomplished last year, the need for accessible mental health services that are trauma-informed continues to grow. Prior to the pandemic, one in five of us experienced mental health and/or substance use disorder issues; now it's thought to be one in three.

Thank you for your support. We hope you continue to join us to inspire even more children and families to move forward toward hope and healing.

Warm Regards,



Katie McLeese Stephenson  
Executive Director



Kelley Peterson  
Board President



Katie McLeese Stephenson



Kelley Peterson

## Service Spokes

### Crisis & Residential Services

Youth-In-Crisis provides suicide assessments, transitional counseling, and case management to youth being detained at Lancaster County Youth Services Center. Last year, **219 youth** were served.

The Therapeutic Group Home provides a holistic, trauma informed, strength-based approach to males ages 13-18 who have demonstrated sexually reactive behaviors. Last year, **31 youth** were served.

### Extended Day Treatment Program

Operating daily after school and during the summer, the Extended Day Treatment Program provides children with treatment for trauma and behavioral challenges. Last year, **66 children** were served.

### Outpatient Services

Clinical staff provide assessment, treatment planning and individual, family, and group therapy services for children ages 1-19 and their families, as well as adults. Last year, **598 people** were served.

### School Programs

A variety of mental health services are provided within the school setting for students at Lincoln Public Schools who are in need of therapy. Last year, **470 students** were served.

Choices and Pilots for Change provide programming for students identified at risk for substance using behavior including group and individual therapy. Last year, **81 students** were served.



## 2020-2021 Impact

**9,813** telehealth sessions provided to children, adults, and families across all HopeSpoke programs

**8,935** hours of milieu therapy provided to children in the Extended Day Treatment Program

**1,280** number of sessions provided to youth at the Youth Services Center through Youth in Crisis program

**22** percentage of Outpatient clients served over the age of 19

**22** Lincoln Public Schools with HopeSpoke services





## Hopeful Future

Carlie\* was 8 when her mother died. Prior to Carlie's birth, the family had been involved with a HopeSpoke therapist based in Lincoln Public Schools. As mom battled terminal illness and substance use, she knew what Carlie would need: that same HopeSpoke support. Despite deep family trauma, mom, Carlie, and her siblings learned to communicate their feelings and share their love for each other.

HopeSpoke helped guide Carlie through her grief and as a part of the process shared mom's strengths – strengths Carlie exhibits today. "It was an honor and a privilege to provide therapy to Carlie and to be one part of her hopeful future," her therapist said of their time working together. Carlie has successfully completed therapy and is looking forward to a bright, healthy future.

\*Name changed to ensure confidentiality

For more success stories, visit [hopespoke.org](https://hopespoke.org)

## By The Numbers

HopeSpoke is proud to serve a diverse group of individuals from across our community. Data below represents individuals and families served in the Outpatient Program

### Gender

Male	52%
Female	48%

### Age

1-5	1%
6-12	32%
13-18	45%
19+	22%

### Income

\$0	10%
\$1-\$19,999	28%
\$20,000-\$34,999	26%
\$35,000 - \$49,999	16%
\$50,000+	15%
Declined to Report	5%

### Race

American Indian/Alaskan Native	2%
Asian	1%
Bi Racial	10%
Black/African American	5%
White	68%
Other	4%
Declined to Report	6%
Not Collected	4%

### Ethnicity

Hispanic/Latino	12%
Not Hispanic/Latino	67%
Declined to Report	18%
Not Collected	3%



## Give a Gift of Hope

Through kind gifts like yours, HopeSpoke can continue to play an invaluable role in providing children and families with the skills to feel empowered and be successful – helping them to heal, be courageous and find strength to live well.

Please visit **HopeSpoke.org** or mail your generous gift to:

HopeSpoke | 2444 O Street | Lincoln, NE 68510

To make your gift by phone call 402.475.7666

**Thank you** for making our community a better place – full of happy, hopeful, healthy families.

HopeSpoke is a 501(c)(3) nonprofit organization. Your donation is tax-deductible and translates into support for the hundreds of children and families seeking mental health care at HopeSpoke with each year.





# Wheels of Generosity

HopeSpoke is fortunate to have so many generous supporters.

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Donations given July 1, 2020 - June 30,  
2021. We apologize for any errors.  
Please call 402.475.7666 to correct.



## HopeSpoke CARES For Our Community

At the height of the Covid-19 pandemic, HopeSpoke applied for funding through the federal Coronavirus Aid, Relief, and Economic Security Act, also known as the CARES Act. A grant of **\$555,173.76** allowed HopeSpoke to provide the following pandemic-related assistance to clients' families and others in the community:

**\$251,662 in total emergency financial assistance to assist with rent and utilities to:**  
308 families - a total of 1,167 individuals within those families

### **3,779 Vouchers:**

2,130 \$10 gas vouchers

1,649 \$100 grocery vouchers

### **2,050 Kits:**

700 Covid Prevention Kits

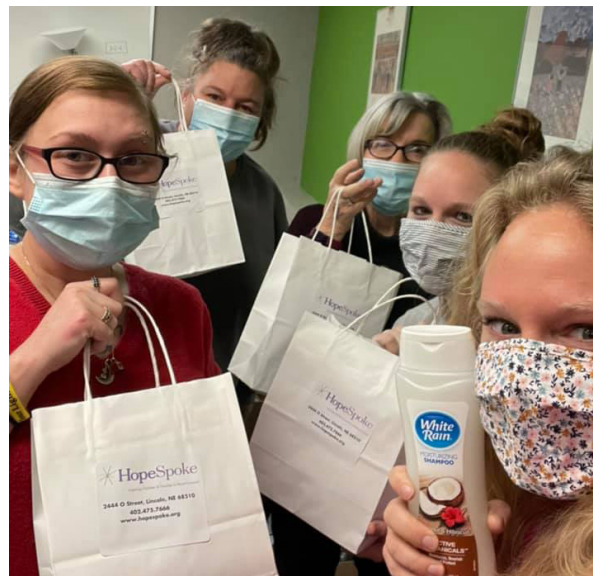
300 Hygiene Kits

700 Safe at Home Kits

350 Craft Therapy bags created for use in session

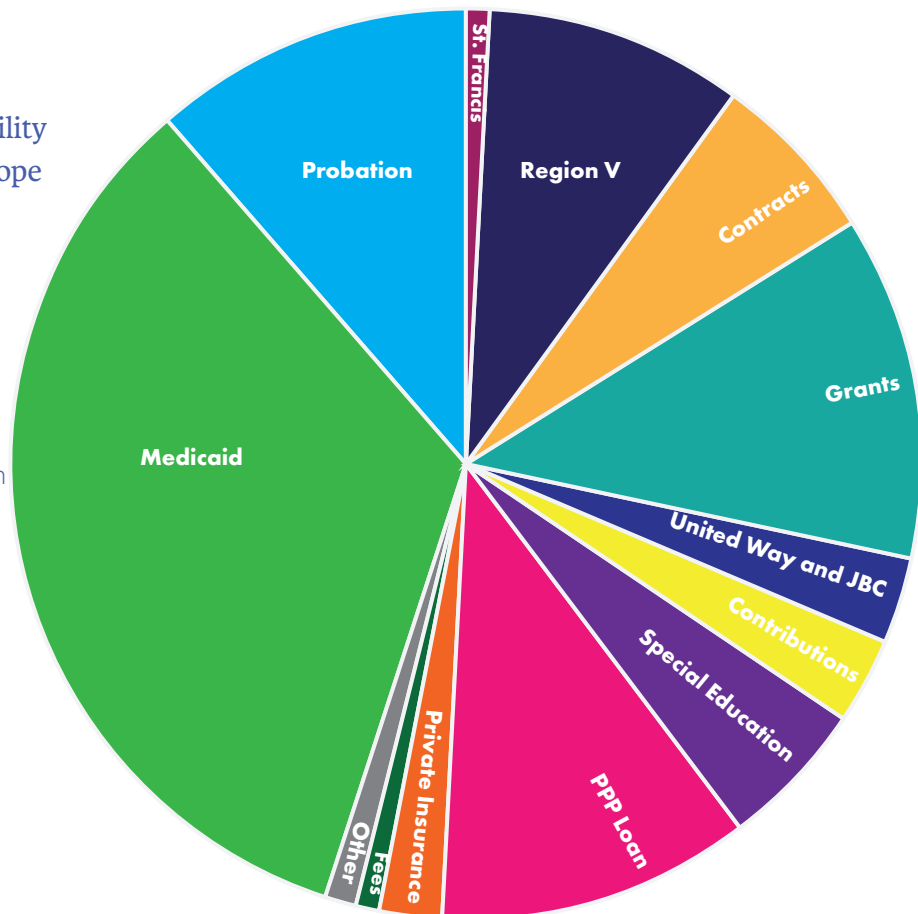
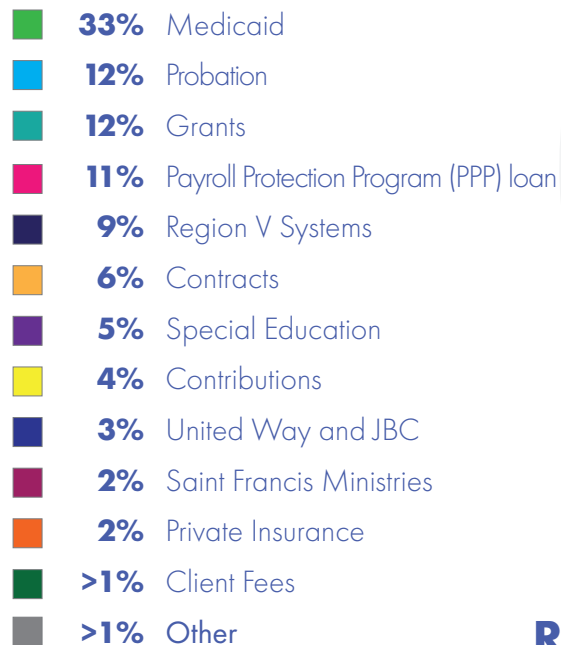
### **Partnered with:**

11 non-profit agencies and 8 schools to distribute kits

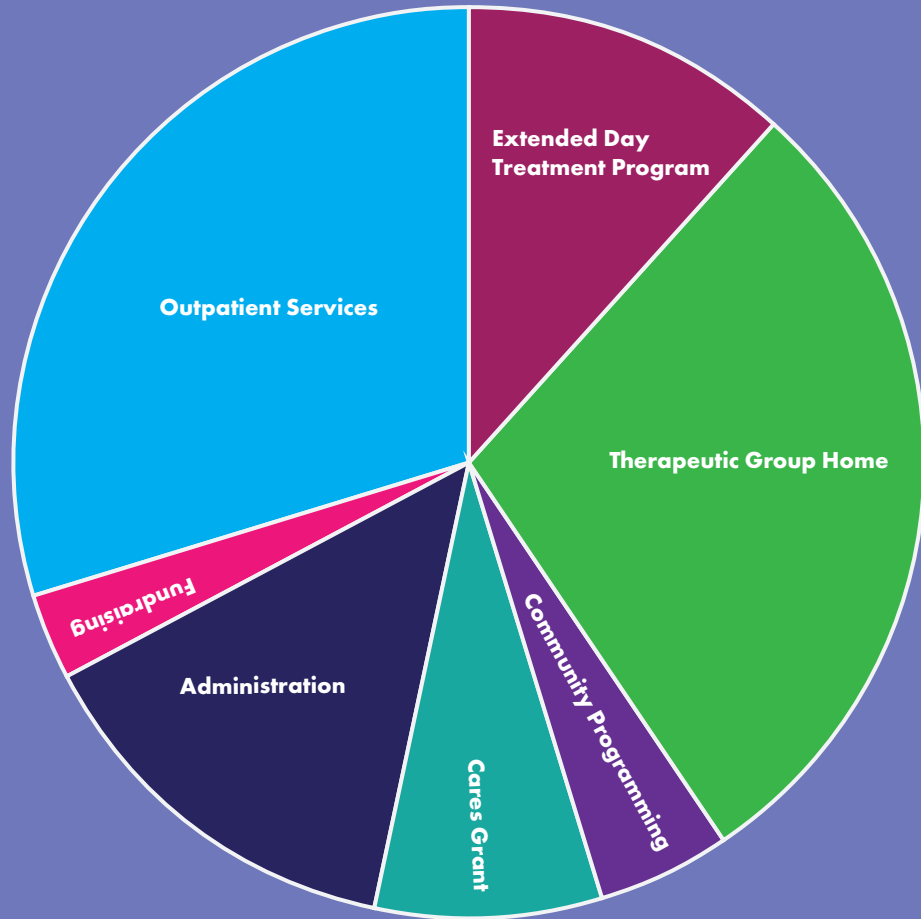
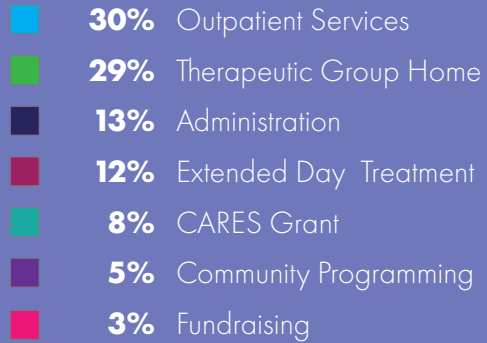


## Financial Forward Motion

Strategic decisions allowed us to build stability and invest over **\$6 million** in bringing hope and healing to nearly 1,500 children and families in 2020-2021.



**REVENUE**



## EXPENSES

## Leadership Team

Katie McLeese Stephenson, MSW, Executive Director  
Wendi Anderson, MEd, LIMHP, Outpatient Services Director  
Whitney Kuhn, MPA, Community & Employee Engagement Director  
Jackie Prater, LICSW, Extended Day Treatment Program Director  
Becki Roberts, Development Director  
Pat Sailors, MA, LIMHP, Crisis & Residential Services Director  
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Mitch Lee*	



Inspiring Children & Families to Move Forward

2444 O Street, Lincoln, NE 68510  
402.475.7666 **HopeSpoke.org**



Funded in part by the Department of Health and Human Services and Region V Systems